

Competitive Gymnastics: 2024 Xcel Spring Silver

Informational Parents Meeting

GO Flyers!club

August 3rd, 2023



**City of Boulder
Parks & Recreation**

Meeting Guidelines:

1

Be respectful to all

2

**We welcome curiosity,
all questions are
encouraged 😊**

- Write questions in chat
- Raise hand via Zoom

3

**Give us feedback – this
is how we learn!**



Goal of Meeting



Learn more about our **Boulder Flyers** Philosophy



Better understanding of **competitive gymnastics**

[Commitment Form](#)
Timeline & Deadlines



Go Flyers Club! & Financial Planning

Commitment Fee (\$)
Meet Fees (\$)
USA Gymnastics (\$)



Understand **path options** for athletes to support their **individual goals**

Boulder Flyers Tidbit #1:

Boulder Flyers “Flyers” has been a gymnastics program for over **40 years**, and we pride ourselves on our family-oriented and collaborative team environment. It’s fun to be a Flyer 😊

FUN FACT:

We have an Olympian in our Flyers History 😊 Her name is **Debbie Willcox** and she competed in the **1976 Summer Olympics**.

Section 1: Understanding Competitive Gymnastics

A Year-Round Commitment

Xcel Girls: Building Blocks for Competitive Gymnastics

Why do we have a **Fall** AND **Silver** Spring?

Short Answer – To allow for more athletes to participate in this awesome level, and separate athletes by age so they are competing and training with liked-aged peers and groups!

Xcel Bronze – 2 days

- W & F
- 4 – 6PM

Xcel Fall Silver – 2 days

- W & F
- 4 – 6PM
- **Compete Sept – Dec 2023**

Xcel Spring Silver – 2 days

- M & W
- 5:45 – 8:15PM
- **Compete Mar – Jun 2024**

Xcel Gold – 3 days

- M/W/F

Building a Confident & Prepared Athlete

Xcel Girls: Level progressions through our program

Celebrate staying in levels until mastery!

***We encourage multiple years of levels!*

- Future Flyers - 1 day
- "Mini Bronze"- 2 days



**Step 1:
Build the Foundation**



- **Bronze - (1 or 2 years)**
- **Silver - (1 or 2 years)**



**Step 2:
Learn to Compete**

- Gold - (2 or 3 years)

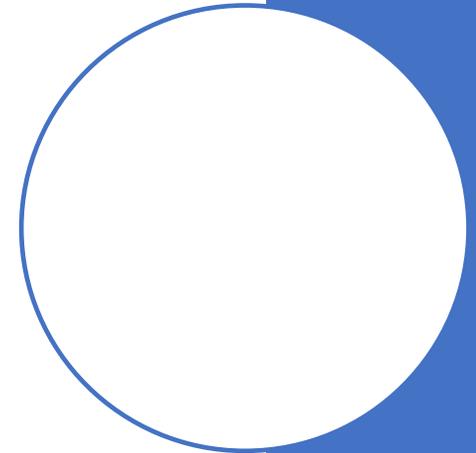


OR

- Fly High League

**Step 3:
Let your talents shine!**

**If your athlete has competed 2 years in Silver but does not quite have the Gold skills yet to promote – they will join our Fly-High League to master those skills, until they can re-skill test for Gold!*



Building the Foundation

- Athletes must want to be **STRONG**
 - Athletes must want to **WORK HARD**
 - Athletes must want to **DO WELL**
 - Athletes must want to **BE BRAVE**

STRONG	WORK HARD	DO WELL	BE BRAVE
Build strength (inside & outside of the gym) Work on flexibility (inside & outside of the gym) Try your hardest when a coach gives you strength stations	Come to class consistently! Listen to your coaches and try to make corrections. If you fall, get back up and keep trying! Work hard by yourself – even when a coach isn't watching!	FORM. Straight legs and pointed toes! Stand confidently and proud 😊 Pretty posture, and BIG confidence!	Try new skills! Speak up to your coaches when scared – we want to help you. You are more capable than you think – go for it 😊

Parents!

How can you help your athletes build the foundation?

Your athlete must...

- Want to be **STRONG**
 - Want to **WORK HARD**
 - Want to **DO WELL**
 - Want to **BE BRAVE**

STRONG	WORK HARD	DO WELL	BE BRAVE
<p>Empower your athlete to ask their coach for “at home” strength or flexibility.</p> <p>Remind them to work hard at practice when their class does strength – it is EQUALLY, if not MORE important than the skills.</p> <p>Be a cheerleader! Strength & Flexibility is HARD work – Remind your athlete they can do it!</p>	<p>Help your athlete get to practice on time and regularly!</p> <p>Talk at home what it means to be dedicated and committed to gymnastics - what does that look like?</p> <p>Be a support system for your athlete – this is a tough sport, there will be hard days. Keep reminding your athlete they are doing awesome and keep up the hard work (praise their efforts 😊)</p>	<p>Help athletes build that confidence in the home.</p> <p>Encourage your athlete to listen to your coach and be respectful – we will help your athlete get better at this sport!</p>	<p>Encourage your athlete to overcome their fears by trying new skills and trusting their coaches!</p> <p>You are more capable than you think – go for it 😊</p> <p>Parents!! Please do not coach your athlete with their gymnastics.</p> <p>*If you have concerns about coaching, please directly talk to the coach/coordinator.</p>

Breakdown of Competitive Cycles

2024 Season	Spring Silver
Pre-Season	November - February
Competition Season	March - June
Post "Off" Season	July - Oct

Cycle for Bronze & Fall Silver



2024 Spring Silver Meet Schedule

Meet #1: XAG Meet @ Xtreme Altitude
Gymnastics (Lafayette, CO)
March 15th – 17th, 2024

BONUS MEET

Meet #2: Airborne Meet @ Airborne Gymnastics(Longmont, CO)
April 5th – 7th, 2024

Meet #3: Timberline Meet @ Timberline Gymnastics (Fort Collins, CO)
May 3rd – 5th, 2024

Meet #4: XAG Meet @ Xtreme Altitude Gymnastics (Lafayette, CO)
May 17th – 19th, 2024

Meet #5: Spring Silver States Championship (Location TBD)
June 1st – 2nd, 2024

REQUIRED

Meet Schedule:

- On final meet schedule, you will receive meet WEEKENDS (EX: Nov 4 – 6).
- Please mark “meet weekend” in your calendar!

Frequency Asked Questions:

Question: Can I wait to pay for my athlete until I know the meet details and when they are competing?

Answer: No. We must pay the **host gym** upfront. The **host gym** will create meet schedule based off number of registrations, teams, and athletes. That is why we won't know session details until they give it us. At that point, immediately, I will pass it on.

Question: Will my athlete compete the entire weekend? In multiple sessions?

Answer: No. Your athlete will only compete on ONE day and in ONE session.

Question: What are typical times for meet sessions?

Answer:

Morning = ~ 9am – 12pm

Afternoon = ~1pm – 4pm

Evening = ~ 5pm – 9pm



What Do Gymnasts Wear for Meets?

- 1) ***Required* Bronze/Silver Competition Leotard**
- 2) ***Optional* Black Spandex/Athletic Shorts**
 - Shorts must be solid black (small manufacturer's branding allowed) with no embellishments
 - Shorts must be worn over leotard and the length must be above the knees or shorter
- 3) ***Required* Competition ready hair!
(Braids, Bun, Clean & Tight Ponytail)**

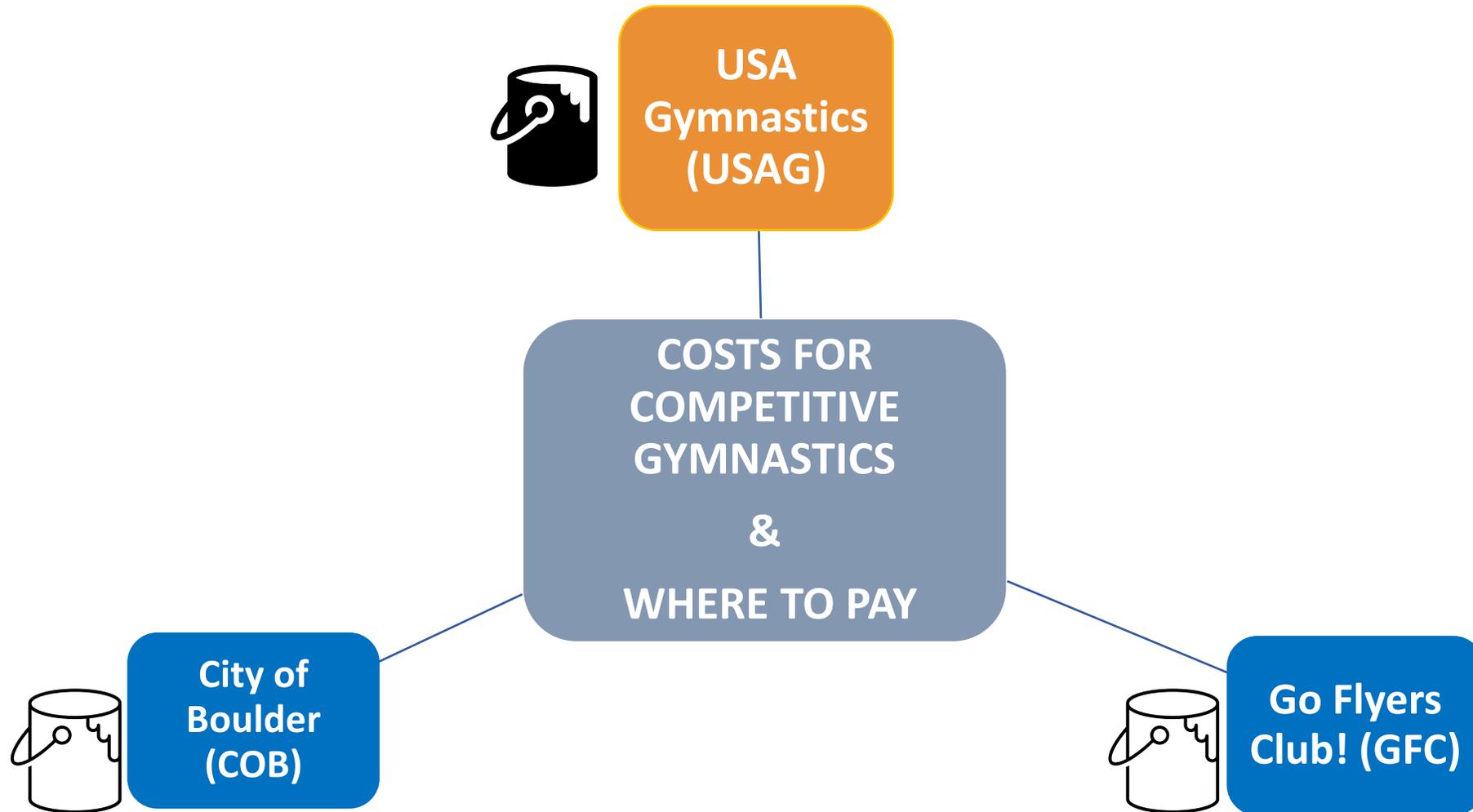
Disclaimer: All these athletes had a signed photo waiver from the 2022 Season

Section 2:

Understanding Financial Commitment for Competitive Gymnastics

- Go Flyers! Club (GFC)
- Monthly Tuition
- Competitive Costs
- Deadlines & Next Steps

3 Buckets of Competitive Dues



Boulder
Flyers Club
#24998

USA Gymnastics Athlete Membership

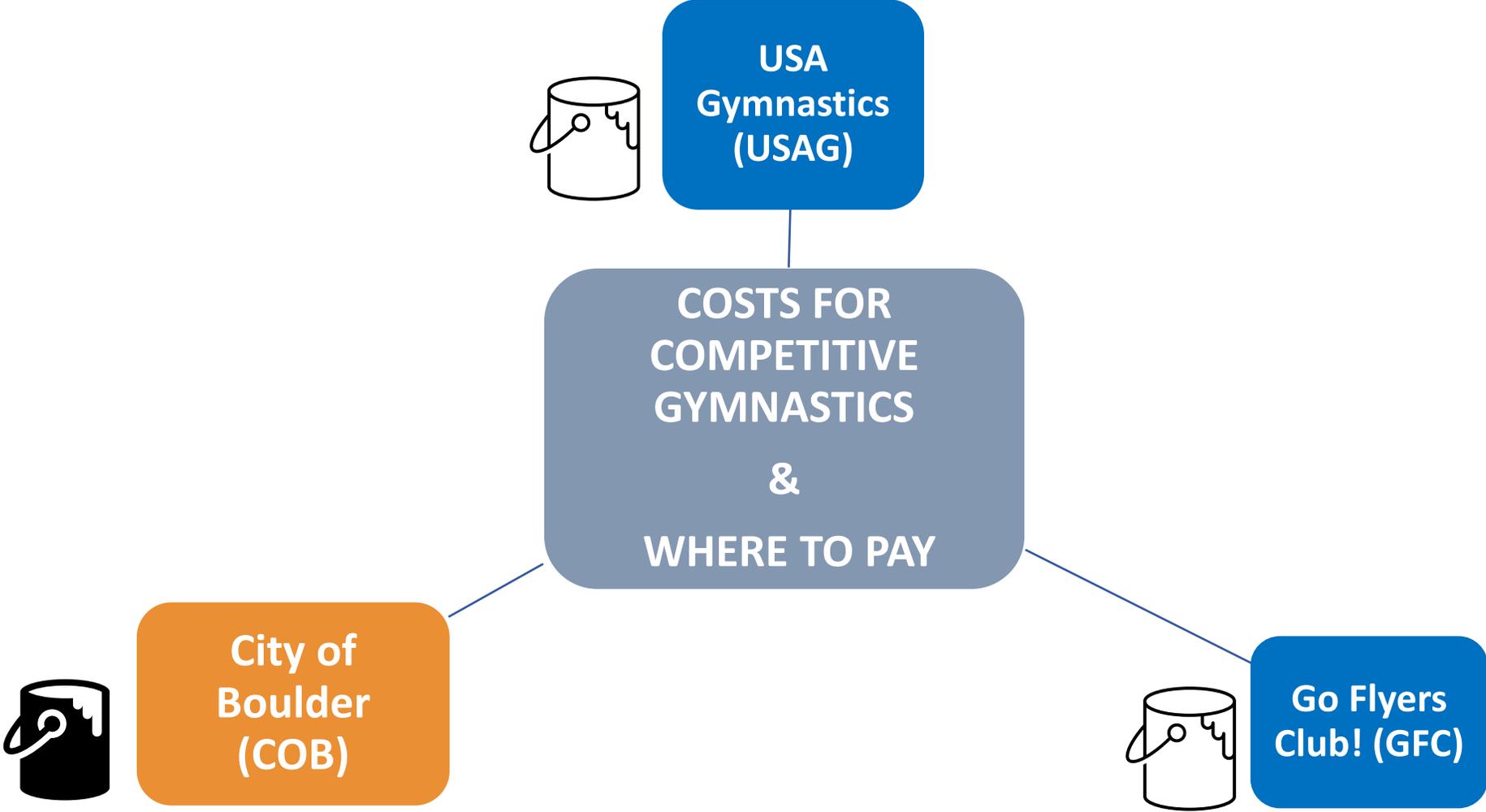
All Spring Silver athletes must have a renewed USA Gymnastics Membership
by **October 1st**



USA GYMNASTICS

- ❑ **USAG Athlete Membership** (\$25 new/\$69 returning) –
 - Memberships run (August 1, 2023– July 31, 2024). You may renew your athlete’s membership today!
 - **Membership Registration Details:**
 - Parent/guardians must log in to the USA Gymnastics website with their own username and password to register or renew their children’s membership.
 - [Parent How-To Instructions](#)

3 Buckets of Competitive Dues



City of Boulder Monthly Tuition

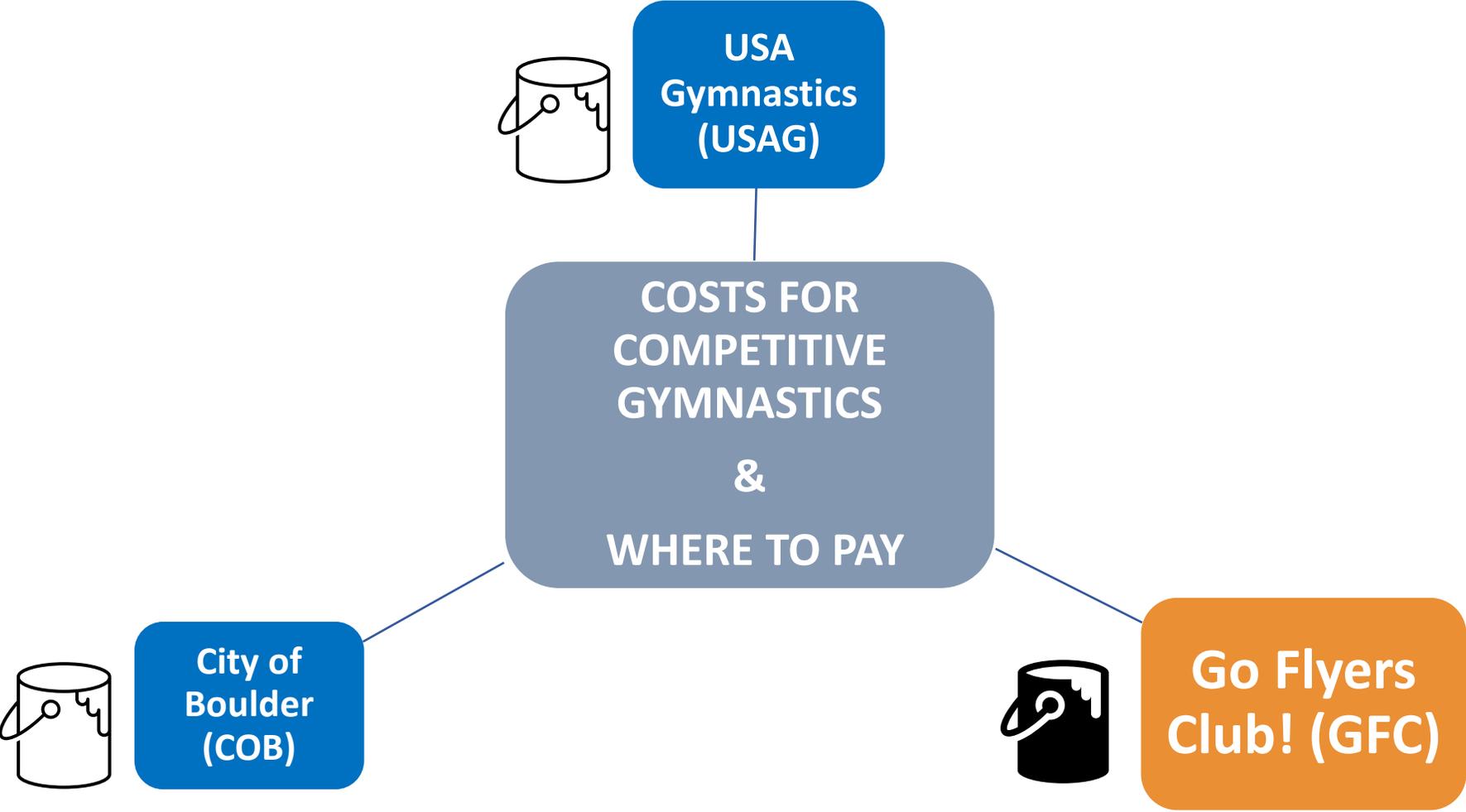
- **What is the team membership?**
 - A re-occurring membership that is paid to the City of Boulder on a 30-day cycle.
- **What does it pay for?**
 - Tuition to coach your athlete in practice/gymnastics class at the North Boulder Recreation Center
 - Built into monthly tuition cost, over the course of the year, there can be up to 10 unexpected practice cancellations where we will not extend membership.

Financial Planning: Annual Monthly Tuition Increase

- For the next **5 years**, each August, rates for our team monthly tuition are scheduled to increase 6 – 10% with the goal to be within a **reasonable market range**, and to best support **sustainable** future operations.
- Once the program is within the market range - future increases will be determined by **cost of service** and **inflation**.
- Providing financial access to our programming remains vital to our mission of supporting the entire Boulder community in health and well-being.
 - **Financial aid** support will remain available for City of Boulder Residents.

2023 Annual Increase = August 21st, 2023

3 Buckets of Competitive Dues



Go Flyer's Club Board

 <p>Lolly Gardiner</p>	 <p>Jody Jacobson</p>	 <p>Jessica Clarke</p>	 <p>Marisa Wheeler</p>	
Chair	Communications	Treasurer	Secretary	Fundraising

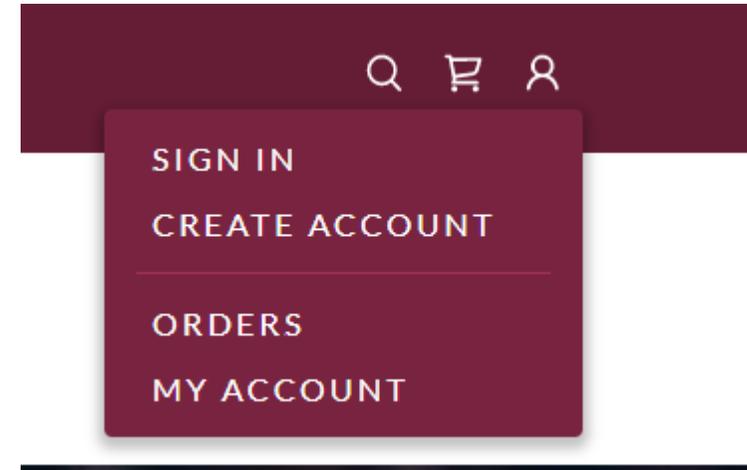
- Uniforms
- Fundraising
 - Fundraising leos
 - Launch of Go Flyer's Merch store this summer 2023
- 2024 volunteer opportunities
 - Looking for a co-treasurer and uniform coordinator
 - Hosting the Special Olympics in summer 2024
- Newsletter

Have questions, want to get involved, email us at boulderflyers@gmail.com

CREATE ACCOUNT ON GFC WEBSITE

- **Step 1:** Go to website: [The Go Flyers Club - Gymnastics, Boulder Colorado](https://www.theflyersclub.com/)
- **Step 2:** Create an account

- **Step 3:** Use the SHOP button to pay for:
 - Meet Fees
 - Leotards
 - Commitment Payment
 - Spirit wear
 - Etc.



Financial Checklist: Spring Silver

**Note: Payments will be up on GFC website June 1st, and some prices are subject to change*

Due October 1st, 2023

- [Sign Athlete Commitment Form](#)
- USAG Athlete Membership**
 - (\$25 new/\$69 returning)

Due October 15th, 2023

- Commitment Fee (\$350)**

Due November 1st, 2023

- Bronze/Silver Leotard (\$50)**
- 1st *Bonus* Meet (\$110)**

Due January 15th, 2024

- *Required* 4 – Meets Package (\$440)**
 - Meet #2, Meet #3, Meet #4, State

COB Monthly Tuition (May – August 2023)	COB Monthly Tuition (after August 21st) <i>*Annual 6% Increase & adjusted cost for 5 hrs of training a week</i>
Resident = \$173 Non-Resident = \$216	Resident = \$197 Non-Resident = \$246

Financial Assistance

Providing financial access to our programming remains vital to our mission of supporting the entire Boulder community and Boulder Flyers competitive athletes



- **City of Boulder (COB)**

- Financial aid support, for monthly tuitions, will remain available for City of Boulder residents who qualify.
- [Parks and Recreation Financial Aid Program | City of Boulder \(bouldercolorado.gov\)](https://www.bouldercolorado.gov/parks-recreation/financial-aid-program)



- **Go Flyers Club! (GFC)**

- Since the GFC is a non-profit organization, they do not have all the same resources as the city for financial access. However, please email boulderflyers@gmail.com if a payment plan would be beneficial for your family and provide more access to this sport.
- For leotard support, please email boulderflyers@gmail.com to ask if there are any donation or used leotards for a more accessible cost.



Deciding on a Path that Best Fits Your Athletes Goals & Commitment Level

Competitive Path

- Sign Athlete Commitment Form by **Oct 1st**
- Pay commitment fee due **Oct 15th**
- Pay monthly tuition
- Pay all competitive dues for 2024 season

Non-Competitive Path

Make decision by **Oct 1st**

Options:

- Join Fly – High League
- **If you are considering this path, please email Cindy Ferrari (FerrariC@bouldercolorado.gov)*

After Meeting TO DO Checklist:

- Decide on competitive or non-competitive path for your athlete – **hard deadline Oct 1st**
- If not competing, email Cindy Ferrari (FerrariC@bouldercolorado.gov) by Oct 1st, she will work with you on finding a more suitable path for your athlete.

IF competing:

- Talk with your athlete about commitment and what that means, then sign [Athlete Commitment Form](#) by Oct 1st
- Set up an account on [The Go Flyers Club - Gymnastics, Boulder Colorado](#) website
- Review [Financial Checklist](#) and MARK deadlines on calendar TODAY!



Questions??



City of Boulder Parks & Recreation

GO Flyers! club

